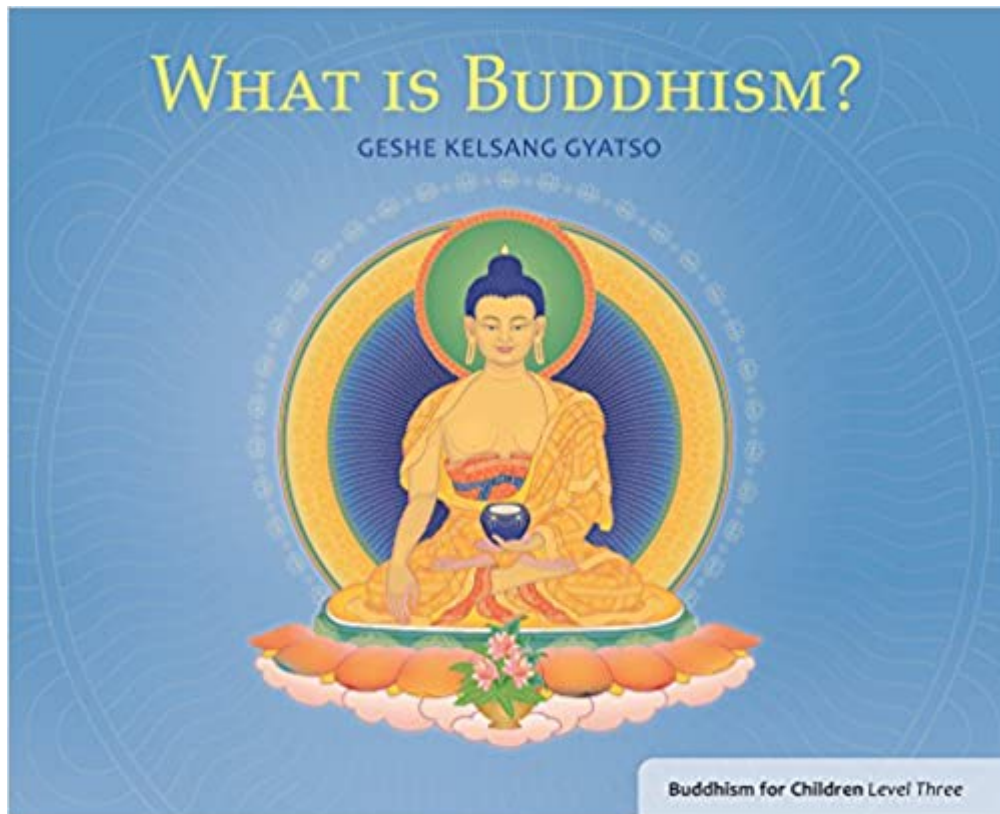




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# What Is Buddhism?: Buddhism For Children Level 3



## Synopsis

This book introduces the mind, as distinct from the brain, and invites the reader to explore and develop their mind using scientific methods taught by Buddha. Geshe Kelsang explains how the problems we encounter in life do not exist outside of ourselves, but are part of our mind that experiences unpleasant feelings. Learning to control our mind, especially our desire, is the only way to bring all our problems to an end. What is Buddhism? is the third book in the Buddhism for Children series. The Buddhism for Children series invites children to make a journey of self-discovery and self-improvement to help them realize their full potential. The series aims to show how everyone, Buddhist and non-Buddhist, can learn something from the teachings of Buddha. The Buddhism for Children series consists of 4 levels ranging from ages 4 to 10 and over.

## Book Information

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## Customer Reviews

• Geshe Kelsang Gyatso illuminates the very heart of Buddhist thought and practice. •

• "Booklist" "Geshe Kelsang Gyatso is a highly respected meditation master and scholar of the Mahayana Buddhist tradition." • "Spirituality & Health" •

Geshe Kelsang Gyatso, or Geshe-la as he is affectionately known by his students, is a world-renowned Buddhist meditation master who has pioneered the introduction of modern Buddhism into contemporary society. Through his personal example and his public teachings and

writings he demonstrates how everyone, whether Buddhist or non-Buddhist, can learn to become wiser and more compassionate by following the advice of Buddha.

Nice pictures. My daughter love to read it.

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